
**CBSE Class IX
HOME SCIENCE
(CODE NO. 064)**

Theory: 75 Marks

Practical: 25 Marks

Time: 3 Hrs.

Units	Topics	Marks	no. of Pd
I	Concept and Scope of Home Science Education and recent trends	03	05
II	Human Growth and Development - I	10	25
III	Family and Values	08	20
IV	Food, Nutrition and Health	17	45
V	Fibre and Fabric	15	34
VI	Resource Management	15	34
VII	Measure of Safety and Management of Emergencies	07	17
	Total	75	180
	Practical	25	40
	GRAND TOTAL	100	220

Unit I: Concept and Scope of Home Science Education and Recent Trends (05 periods)

- a) Concept of Home science
- b) Fields of Home Science
- c) Relevance of study of Home Science and career options.
- d) Recent trends

Unit II: Human Growth and Development - I (25 periods)

- a) Concept of growth and development
- b) Principles of growth and development
- c) Factors affecting growth and development (environmental and heredity)
- d) Age specific milestones (Birth to adolescence)

Unit III: Family and Values (20 periods)

- a) Concept and types of family
- b) Role of family in Holistic development of an individual (Physical, Social, Psychological and spiritual)
- c) Ethical and value based society (need for happy family, respect and care for each member of family, Dignity of labour, work distribution within the family)
- d) Importance of Girl Child.
- e) Influence of various factors on a family : Globalisation, urbanisation, migration, technology and media.

Unit IV: Food, Nutrition and Health (45 periods)

- a) Definition of food nutrition, nutrient, balanced diet and nutritional status.
- b) Food and its functions (physiological, social and psychological)
- c) Nutrients: Sources and functions
- d) Relationship of food, health and diseases
- e) Malnutrition: concepts and components (over nutrition and under nutrition)
- f) Concept of Balanced Diet
- g) Methods of cooking and processing
 - Cooking Methods: Dry methods, moist methods, combination methods
 - Processing methods: Germination, Fermentation, Mutual Supplementation / Combination.
 - Conservation of nutrients while cooking and processing.

Unit V: Fibre and Fabric (34 periods)

- a) Definition of fibre and yarn.
- b) Classification of fibre on the basis of origin and length.
- c) Characteristics of fibres- feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.

-
- d) Methods of construction of fabrics -brief description of weaving, knitting and felting.
 - e) Selection of fabric: Factors affecting selection of fabric (age, purpose, occupation, fashion, figure, climate, comfort and cost).

Unit VI: Resource Management (34 periods)

- a) Resources : Definition and characteristics
- b) Types of resources (Human : Time, Energy, Knowledge and attitude Non-Human : Money, materialistic goods and community resources)
- c) Waste Management – Need to refuse, reduce, reuse, repair and recycle waste.
- d) Proper disposal of kitchen waste (Biodegradable : Composting, Vermicomposting, biogas and bagass. Non Biodegradable : Incineration, Land fills and recycle)

Unit VII : Measures of Safety and Management of Emergencies (17 Period)

- a) Accident prone / Unsafe Zones at home
- b) Need of safety at home
- c) Measures of safety against burns, electric shocks, cuts, fractures, bites, poisoning
- d) First Aid : Concept and Importance

PRACTICAL (40 periods) (25 Marks)

[Distribution of Marks : 3 Marks per unit (Unit No. 2 - 7)]

- 1) Observation of motor skills in three year old child.
- 2) Behavioural changes in an adolescent through observation method among peer group.
- 3) Role of family members : collage / chart etc.
- 4) Design educational games specific to functions / sources of nutrients.
- 5) Identification and use of kitchen tools and appliances : at least any five e.g. refrigerator, cooking gas, mixer-grinder, microwave, smokeless chulas, pressure cooker etc.
- 6) Weights and measures : Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale.
- 7) Identification of fruits, vegetables, spices, oils, sugars, cereals, and lentils.
- 8) Food processing method demonstration : Germination and Fermentation.
- 9) Collection and Identification of fabrics, physical and burning tests.
- 10) Take a case study of a house for disposal of kitchen waste and encourage segregation of biodegradable and non biodegradable waste, through creating slogans / posters etc.
- 11) Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks. (group activity)

12) File work 4 Marks

13) Viva Voce 3 Marks

HOME SCIENCE (IX) (CODE 064)
DESIGN OF THE QUESTION PAPER
CLASS IX (2016-2017)

Time: 3 hours (Maximum Marks: 75)

The weightage of the distribution of marks over different dimensions of the question paper shall be as follows:

A. Weightage of Content Unit Class - IX (2017-18)

No.	Units	Marks
1	Concept and scope of Home Science Education and recent trends	03
2	Human growth & Development - I	10
3	Family and Values	08
4	Food, Nutrition and Health	17
5	Fiber and Fabric	15
6	Resource Management	15
7	Measures of Safety and Management of Emergencies	07
	Total	75
	Practical	25
	Grand Total	100

HOME SCIENCE (CODE NO. 064)
QUESTION PAPER DESIGNS
CLASS-IX (2017-18)

Remembering- (Knowledge based Simple recall questions, to know specific facts, terms concepts, principles, or theories, Identify, define, or recite, information).

VSA Question (1 mark) = 3

SA I Question (2 mark) = 1

SA II Question (4 mark) = 1

Case study and Picture based Question (3 mark) = 0

LA Question (5 mark) = 0

Total = 9

Weightage = 12 %

Understanding- (Comprehension - to be familiar with meaning and to understand conceptually, interpret, compare, contrast, explain, paraphrase information).

VSA Question (1 mark) = 1

SA I Question (2 mark) = 1

SA II Question (4 mark) = 1

Case study and Picture based Question (3 mark) = 0

LA Question (5 mark) = 1

Total = 12

Weightage = 16 %

Application (Use abstract information in concrete situation, to apply knowledge to new situations. Use given content to interpret a situation, provide an example, or solve a problem.

VSA Question (1 mark) = 1

SA I Question (2 mark) = 2

SA II Question (4 mark) = 2

Case Study and Picture based (3 marks) = 0

LA Question (5 mark) = 1

Total = 18

Weightage = 20 %

Higher Order Thinking Skills (Analysis & Synthesis - Classify, compare, contrast, or differentiate between different pieces of information, Organize and/ or integrate unique pieces of information from a variety of sources).

VSA Question (1 mark) = 1

SA I Question (2 mark) = 2

SA II Question (4 mark) = 2

Case Study and Picture based (3 marks) = 0

LA Question (5 mark) = 1

Total = 18

Weightage = 24 %

Creating, Evaluation and Multi- Creating, Evaluation and Multi- Disciplinary-(Generating new ideas, product or ways of viewing things Appraise, judge, and/ or justify the value or worth of a decision or outcome, or to predict outcomes based on values).

VSA Question (1 mark) = 1

SA I Question (2 mark) = 1

SA Question II (4 mark) = 1

Case Study and Picture based (3 marks) = 2

LA Question (5 mark) = 1

Total = 18

Weightage = 24 %

VSA Question (1 mark) = 1(7) = 7

SA I Question (2 mark) = 2(7) = 14

SA Question II (4 mark) = 4(7) = 28

Case Study and Picture based (3 marks) = 3(2) = 6

LA Question (5 mark) = 5(4) = 20

Total = 75

Weightage = 100 %